

Exercise Checklist

Month: _____

Name: _____

Joint Affected	Muscles Affected	Exercise	Week>	1	2	3	4
Spine *(Single / Opposite Raises)	Transverse / Rectus Abdominis / Obliques	(Side/Rev./Rot.) Crunches / 45° Situps Russian Twists / Torso Rotations (Side/Rev./Rot.) Leg / Knee Raises (Prone / Supine) Plank / Side Plank (Push / Pull) Side Bends (Side) Hollow Body / V-Up					
	Erector Spinae Neck	*Supermans / Back (U/L) Extensions (Side) Prone/Supine Neck Hold/Curls					
Shoulder *(Minor Elbow Involvement, multiple angles)	Deltoids	(ATW) Lateral Raises (Side) Frontal Raise / Low Pullup (Front) Rear Delt Raises / Kickbacks					
	Lats / Chest	*Lat Pushdown / Lying OH Pullover					
	Chest	(Incline, Flat, Decline) Chest Fly					
	Trapezius	*Shoulder Shrugs / Farmer Carries					
	Traps + Delts	Upward Row / Facepulls					
	Rotator Cuff	*(Med, Lat) Rotator Cuff Rotations					
Elbow	Triceps	(Rvrs./ Fwd./Neut.) Tricep Extensions					
	Biceps	(Rvrs./Fwd./Neut.) Bicep Curls					
Hip *(At the Hip or at the Knee)	Hip Adductors	*(Standing/Seated) Hip Adductions					
	Hip Abductors	*(Standing/Seated) Hip Abductions					
Knee	Quadriceps	(Seated / Standing) Leg Extensions					
	Hamstrings	(Prone / Seated) Leg Curls					
Wrist	Forearm Flexors	*(Prone, Supine) Wrist Curls					
Ankle	Gastrocnemius / Soleus	*(Standing / Seated) Calves Raises					
	Anterior Tibialis	*(Standing / Seated) Toes Raises					
Shoulder + Elbow	Back + Biceps	(Wide, Close, Side, Rev) Lat Pulldown (Front, Vert, Low, Wide, Close) Row					
	Chest + Triceps	(Inc, Flat, Decl, Close) Bench Press (Front / Side) Dip *Plate Press					
	Deltoids + Triceps	(Arnold / Military) Shoulder Press					
Hip + Knee	Quadriceps + Hamstrings	(Conv. / Sumo / Sis) Squats / Lunges (Conv. / Stiff / Sumo) Deadlifts					
	Gluteus + Quads	Pelvic Lifts / Glute Press					